

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM		Spin — eXtreme Workout	Spin	Spin — eXtreme Workout	Spin	
8:30AM	Spin — Circuit		Spin — Circuit		Spin — Circuit	
9:00AM	SilverSneakers		SilverSneakers			eXtreme Workout
9:30AM		Yoga		Yoga	Yoga	
10:00AM						
11:00AM					Chair Yoga	
12:00PM	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp	
4:30PM	eXtreme Workout	eXtreme Workout	eXtreme Workout	eXtreme Workout	eXtreme Workout	
5:30PM	Zumba — — eXtreme Workout	Zumba — Spin — eXtreme Workout	HIIT — — eXtreme Workout	Zumba — Spin — eXtreme Workout	eXtreme Workout	
6:30PM	HIIT  eXtreme Workout	Yoga — eXtreme Workout	eXtreme Workout	Yoga — eXtreme Workout	eXtreme Workout	
7:00PM						